

## NEWS RELEASE



FOR IMMEDIATE RELEASE:

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### **Walk to Health 20-20 Challenge Starts May 20th**

Southwest Nebraska Public Health Department's Walk to Health program will start another step challenge starting May 20th. Walk to Health is a free walking program open to residents of all ages of SWNPHD's nine county health district. This program encourages residents to increase their level of physical activity to reduce their risk of chronic disease and improve overall health.

"The Walk to Health program is a great way to increase awareness of the benefits of physical activity," states Joy Trail, Program Manager at Southwest Nebraska Public Health Department (SWNPHD). "This year has presented a lot of changes and is teaching us a lot, especially to hang in there and keep trying. Even a little extra activity each day can make a difference in how we feel."

Through a grant provided by Community Hospital of McCook, Walk to Health is partnering with MoveSpring - a fun and easy-to-use fitness challenge app that can be used on your phone or computer for step tracking, recognition, and encouragement. You can use the web or mobile app to create an account, then link to a step tracker (like Fitbit) or enter steps manually.

To register, go to <http://app.movespring.com> or download the MoveSpring app from the App Store or Google Play. Use organization code **WALK2H** to create an account, select Join a Challenge, then join the 20-20 Challenge. For returning users it is just as easy to join in the fun. If you already have a MoveSpring account just open the MoveSpring app or website and sign into your account and select the 20-20 Challenge.

"Folks who join the 20-20 Challenge can aim to meet the step goal at least 20 days before June 20th. There is also a leaderboard for those who have fun competing against each other or going for the most steps," explains Trail. "Getting more physical activity is a great way to improve health and boost your mood, so stick to it!"

Additional instructions are available on the SWNPHD website: [swhealth.ne.gov](http://swhealth.ne.gov). Due to guidance related to the COVID-19 pandemic we ask that you call 308-345-4223 with questions instead of coming into the office. SWNPHD serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins and Red Willow counties. You can also follow us on Facebook and Twitter.

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